

**WE CLAIM:**

1. A method for treating prostatic intraepithelial neoplasia in a subject, comprising the step of  
5 administering an effective amount of a composition to said subject to treat or prevent said prostatic intraepithelial neoplasia, said composition comprising therapeutically effective amounts of supercritical extracts of rosemary, turmeric, oregano and ginger; and therapeutically effective  
10 amounts of hydroalcoholic extracts of holy basil, ginger, turmeric, *Scutellaria baicalensis*, rosemary, green tea, huzhang, Chinese goldthread, and barberry.

2. The method of claim 1, wherein said composition  
15 is administered orally.

3. The method of claim 2, wherein the orally administered composition is in the form of one or more capsules, one or more tablets, or one or more pills.

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4. The method of claim 1, wherein the composition comprises:

- (A) from about 4.5% to about 7.5% by weight of the hydroalcoholic extract of ginger;
- 25 (B) from about 5.5% to about 8.5% by weight of the supercritical extract of ginger;
- (C) from about 1.0% to about 1.5% by weight of the supercritical extract of turmeric;
- (D) from about 10.0% to about 16.0% by weight of  
30 the supercritical extract of rosemary;
- (E) from about 4.0% to about 6.0% by weight of the supercritical extract of oregano;
- (F) from about 10.0% to about 16.0% by weight of the hydroalcoholic extract of turmeric;
- 35 (G) from about 5.5% to about 8.0% by weight of the hydroalcoholic extract of rosemary;

(H) from about 10.0% to about 16.0% by weight of the hydroalcoholic extract of holy basil;

(I) from about 10.0% to about 16.0% by weight of the hydroalcoholic extract of green tea;

5 (J) from about 8.0% to about 12.0% by weight of the hydroalcoholic extract of huzhang;

(K) from about 4.0% to about 6.0% by weight of the hydroalcoholic extract of Chinese goldthread;

10 (L) from about 4.0% to about 6.0% by weight of the hydroalcoholic extract of barberry; and

(M) from about 2.0% to about 3.0% by weight of the hydroalcoholic extract of *Scutellaria baicalensis*.

15 5. The method of claim 1, wherein the weight ratio of the supercritical extract of ginger to the hydroalcoholic extract of ginger is from about 0.9:1 to about 1.4:1.

20 6. The method of claim 1, wherein the weight ratio of the hydroalcoholic extract of turmeric to the supercritical extract of turmeric is from about 8:1 to about 12:1.

25 7. The method of claim 1, wherein the weight ratio of the supercritical extract of rosemary to the hydroalcoholic extract of rosemary is from about 1.6:1 to about 2.4:1.

30 8. The method of claim 1, wherein the hydroalcoholic extract of ginger comprises from about 2.4% to about 3.6% by weight of pungent compounds.

35 9. The method of claim 1, wherein the supercritical extract of ginger comprises from about 24% to about 36% by weight of pungent compounds and from about 6.4% to about

9.6% by weight of zingiberene.

10. The method of claim 1, wherein the supercritical  
extract of turmeric comprises from about 36% to about 54%  
5 by weight of turmerones.

11. The method of claim 1, wherein the supercritical  
extract of rosemary comprises from about 18.4% to about  
27.6% by weight of total phenolic antioxidants.  
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12. The method of claim 1, wherein the supercritical  
extract of oregano comprises from about 0.64% to about  
0.96% by weight of total phenolic antioxidants.

13. The method of claim 1, wherein the hydroalcoholic  
extract of turmeric comprises from about 5.6% to about 8.4%  
15 by weight of curcumin.

14. The method of claim 1, wherein the hydroalcoholic  
extract of rosemary comprises from about 18.4% to about  
20 27.6% by weight of total phenolic antioxidants.

15. The method of claim 1, wherein the hydroalcoholic  
extract of holy basil comprises from about 1.6% to about  
25 2.4% by weight of ursolic acid.

16. The method of claim 1, wherein the hydroalcoholic  
extract of green tea comprises from about 36% to about 54%  
by weight of polyphenols.  
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17. The method of claim 1, wherein the hydroalcoholic  
extract of huzhang comprises from about 6.4% to about 9.6%  
by weight of resveratrol.

18. The method of claim 1, wherein the hydroalcoholic  
extract of Chinese goldthread comprises from about 4.8% to  
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about 7.2% by weight of berberine.

19. The method of claim 1, wherein the hydroalcoholic extract of barberry comprises from about 4.8% to about 7.2%  
5 by weight of berberine.

20. The method of claim 1, wherein said composition provided in step (a) comprises:

(A) from about 4.5% to about 7.5% by weight of  
10 the hydroalcoholic extract of ginger, wherein the extract comprises from about 2.4% to about 3.6% by weight of pungent compounds;

(B) from about 5.5% to about 8.5% by weight of  
the supercritical extract of ginger, wherein the  
15 extract comprises from about 24% to about 36% by weight of pungent compounds and from about 6.4% to about 9.6% by weight of zingiberene;

(C) from about 1.0% to about 1.5% by weight of  
the supercritical extract of turmeric, wherein  
20 the extract comprises from about 36% to about 54% by weight of turmerones;

(D) from about 10.0% to about 16.0% by weight of  
the supercritical extract of rosemary, wherein  
the extract comprises from about 18.4% to about  
25 27.6% by weight of total phenolic antioxidants;

(E) from about 4.0% to about 6.0% by weight of  
the supercritical extract of oregano, wherein the  
extract comprises from about 0.64% to about 0.96%  
by weight of total phenolic antioxidants;

(F) from about 10.0% to about 16.0% by weight of  
30 the hydroalcoholic extract of turmeric, wherein the extract comprises from about 5.6% to about 8.4% by weight of curcumin;

(G) from about 5.5% to about 8.0% by weight of  
35 the hydroalcoholic extract of rosemary, wherein the extract comprises from about 18.4% to about

27.6% by weight of total phenolic antioxidants;  
(H) from about 10.0% to about 16.0% by weight of  
the hydroalcoholic extract of holy basil, wherein  
the extract comprises from about 1.6% to about  
5 2.4% by weight of ursolic acid;  
(I) from about 10.0% to about 16.0% by weight of  
the hydroalcoholic extract of green tea, wherein  
the extract comprises from about 36% to about 54%  
by weight of polyphenols;  
10 (J) from about 8.0% to about 12.0% by weight of  
the hydroalcoholic extract of huzhang, wherein  
the extract comprises from about 6.4% to about  
9.6% by weight of resveratrol;  
(K) from about 4.0% to about 6.0% by weight of  
15 the hydroalcoholic extract of Chinese goldthread,  
wherein the extract from about 4.8% to about 7.2%  
by weight of berberine;  
(L) from about 4.0% to about 6.0% by weight of  
the hydroalcoholic extract of barberry, wherein  
20 the extract from about 4.8% to about 7.2% by  
weight of berberine; and  
(M) from about 2.0% to about 3.0% by weight of  
the hydroalcoholic extract of *Scutellaria*  
*baicalensis*;  
25 and wherein said composition further comprises:  
(i) the supercritical extract of ginger  
and the hydroalcoholic extract of  
ginger at a weight ratio of from about  
0.9 to about 1.4 parts of supercritical  
30 extract per 1 part of hydroalcoholic  
extract;  
(ii) the hydroalcoholic extract of  
turmeric and the supercritical extract  
of turmeric at a weight ratio of from  
35 about 8 to about 12 parts of  
hydroalcoholic extract per 1 part of

supercritical extract; and  
(iii) the supercritical extract of  
rosemary and the hydroalcoholic extract  
of rosemary at a weight ratio of from  
5 about 1.6 to about 2.4 parts of  
supercritical extract per 1 part of  
hydroalcoholic extract.

21. The method of claim 1, said composition is  
10 administered in a daily dosage of at least about 700 mg.

22. The method of claim 1, wherein said composition  
is administered on a daily basis for at least 4 weeks.

15 23. A method for precancerous cellular proliferations  
within prostatic ducts, ductiles and acini in a subject,  
comprising the step of administering an effective amount of  
a composition to said subject to treat or prevent said  
precancerous cellular proliferations, said composition  
20 comprising therapeutically effective amounts of  
supercritical extracts of rosemary, turmeric, oregano and  
ginger; and therapeutically effective amounts of  
hydroalcoholic extracts of holy basil, ginger, turmeric,  
*Scutellaria baicalensis*, rosemary, green tea, huzhang,  
25 Chinese goldthread, and barberry.

24. The method of claim 23, wherein said composition  
is administered orally.

25. The method of claim 24, wherein the orally administered composition is in the form of one or more capsules, one or more tablets, or one or more pills.

5           26. The method of claim 23, wherein the composition comprises:

- (A) from about 4.5% to about 7.5% by weight of the hydroalcoholic extract of ginger;
- 10       (B) from about 5.5% to about 8.5% by weight of the supercritical extract of ginger;
- (C) from about 1.0% to about 1.5% by weight of the supercritical extract of turmeric;
- (D) from about 10.0% to about 16.0% by weight of the supercritical extract of rosemary;
- 15       (E) from about 4.0% to about 6.0% by weight of the supercritical extract of oregano;
- (F) from about 10.0% to about 16.0% by weight of the hydroalcoholic extract of turmeric;
- (G) from about 5.5% to about 8.0% by weight of the hydroalcoholic extract of rosemary;
- 20       (H) from about 10.0% to about 16.0% by weight of the hydroalcoholic extract of holy basil;
- (I) from about 10.0% to about 16.0% by weight of the hydroalcoholic extract of green tea;
- 25       (J) from about 8.0% to about 12.0% by weight of the hydroalcoholic extract of huzhang;
- (K) from about 4.0% to about 6.0% by weight of the hydroalcoholic extract of Chinese goldthread;
- (L) from about 4.0% to about 6.0% by weight of the hydroalcoholic extract of barberry; and
- 30       (M) from about 2.0% to about 3.0% by weight of the hydroalcoholic extract of *Scutellaria baicalensis*.

27. The method of claim 23, wherein the weight ratio of the supercritical extract of ginger to the hydroalcoholic extract of ginger is from about 0.9:1 to about 1.4:1.

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28. The method of claim 23, wherein the weight ratio of the hydroalcoholic extract of turmeric to the supercritical extract of turmeric is from about 8:1 to about 12:1.

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29. The method of claim 23, wherein the weight ratio of the supercritical extract of rosemary to the hydroalcoholic extract of rosemary is from about 1.6:1 to about 2.4:1.

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30. The method of claim 23, wherein the post-supercritical hydroalcoholic extract of ginger comprises from about 2.4% to about 3.6% by weight of pungent compounds.

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31. The method of claim 23, wherein the supercritical extract of ginger comprises from about 24% to about 36% by weight of pungent compounds and from about 6.4% to about 9.6% by weight of zingiberene.

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32. The method of claim 23, wherein the supercritical extract of turmeric comprises from about 36% to about 54% by weight of turmerones.

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33. The method of claim 23, wherein the supercritical extract of rosemary comprises from about 18.4% to about 27.6% by weight of total phenolic antioxidants.

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34. The method of claim 23, wherein the supercritical extract of oregano comprises from about 0.64% to about 0.96% by weight of total phenolic antioxidants.



35. The method of claim 23, wherein the hydroalcoholic extract of turmeric comprises from about 5.6% to about 8.4% by weight of curcumin.

5        36. The method of claim 23, wherein the hydroalcoholic extract of rosemary comprises from about 18.4% to about 27.6% by weight of total phenolic antioxidants.

10       37. The method of claim 23, wherein the hydroalcoholic extract of holy basil comprises from about 1.6% to about 2.4% by weight of ursolic acid.

15       38. The method of claim 23, wherein the hydroalcoholic extract of green tea comprises from about 36% to about 54% by weight of polyphenols.

20       39. The method of claim 23, wherein the hydroalcoholic extract of huzhang comprises from about 6.4% to about 9.6% by weight of resveratrol.

25       40. The method of claim 23, wherein the hydroalcoholic extract of Chinese goldthread comprises from about 4.8% to about 7.2% by weight of berberine.

41. The method of claim 23, wherein the hydroalcoholic extract of barberry comprises from about 4.8% to about 7.2% by weight of berberine.

30       42. The method of claim 23, said composition is administered in a daily dosage of at least about 700 mg.

35       43. The method of claim 23, wherein said composition is administered on a daily basis for at least 4 weeks.